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## Comparison of the Effectiveness of Mindfulness-Based Compassion Therapy and Positive Cognitive-Behavioral Therapy on Ambiguity Tolerance in Female Heads of Households

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

"Problems have always been unpleasant for humans and ambiguous situations especially those related to change have the potential to evoke destructive stress in individuals (Adamson 2018)." - This sentence could be more precise. Consider specifying what types of problems and ambiguous situations are most impactful.

"Ambiguity tolerance is considered a significant contributing factor in anxiety disorders (Ren et al. 2021)." - Clarify how ambiguity tolerance directly affects anxiety disorders. A specific example would enhance understanding.

"Descriptive Statistics for Ambiguity Tolerance" - It would be clearer if the table included a row indicating the number of participants who completed each phase of the study.

"Results of Repeated Measures ANOVA for Ambiguity Tolerance in Pre-test Post-test and Follow-up" - Consider breaking down this table for clarity, as the current format is dense and may overwhelm the reader.

"These findings are consistent with previous studies on the impact of mindfulness-based compassion therapy on increasing ambiguity tolerance (Bibi et al. 2022; Papenfuss et al. 2022)." - Explain how the current study's findings specifically align with those of Bibi et al. (2022) and Papenfuss et al. (2022).

"Positive cognitive-behavioral therapy also had a statistically significant impact on increasing ambiguity tolerance in female heads of households." - Include a comparison to other studies or therapies, if available, to contextualize the effectiveness of positive cognitive-behavioral therapy.

Response: Revised and uploaded the manuscript.

## 1.2. Reviewer 2

Reviewer:

"Based on the inclusion criteria 60 women with an ambiguity tolerance score between 15 to 30 who had not participated in other therapeutic interventions were selected." - Detail the rationale for choosing the score range of 15 to 30 for ambiguity tolerance.

"This protocol was first implemented by Kristen Neff and Christopher Germer in 2010 in Fritz Perls House in Big Sur on a group of 12 participants in 8 sessions of two hours and forty-five minutes." - Provide a reference or more details on the initial implementation to support this statement.

"The results of the repeated measures ANOVA for ambiguity tolerance are presented in Table 2." - Provide a brief interpretation of the key findings from Table 2 within the text to assist reader comprehension.

"This study examined the effectiveness of mindfulness-based compassion therapy and positive cognitive-behavioral therapy on ambiguity tolerance in female heads of households in Shahrekord..." - Discuss potential reasons why mindfulness-based compassion therapy was more effective than positive cognitive-behavioral therapy.

"Based on the research findings it is recommended that psychotherapy centers and organizations supporting female heads of households... utilize these approaches especially mindfulness-based compassion therapy." - Suggest practical ways these organizations can implement these therapies.

"The study was quasi-experimental; therefore some confounding variables... were uncontrollable." - List specific examples of these confounding variables to enhance transparency and credibility.

"The results indicate that the mean difference between pre-test and post-test (intervention effect) and between pre-test and follow-up (time effect) are significant..." - Provide a clearer explanation of what 'intervention effect' and 'time effect' entail in the context of your study.

Response: Revised and uploaded the manuscript.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.